

# Score



The home of Scottish Orienteering

August 2020

## Trialling MapRunF

Jamie Stevenson

alternative

Club lockdown  
and how we dealt with it



## Puzzling our way through lockdown

Introducing Munro  
Leagues  
SOA Award Winners  
More!



## Welcome

A few months ago at the beginning of lockdown I edited my first issue of Score and as it was published I wondered how I would find articles to fill the second! Little did I know that SOA and our orienteers - young and old and clubs of Scotland - would find amazing ways to keep enjoying orienteering virtually, through meetings, competition and so much more.

As you will see it is a bumper Score including MapRunF news, the O puzzles that have made SOA known around the world, an FVO focus in a year of great success for the club along with their thoughts on surviving lockdown together, feedback from the February Club Get Together, award and photo competition winners. And some meta-orienteering - a poem this time but would enjoy seeing other creative endeavours! One thing that is missing is event news but signs are that clubs in Scotland, in accordance with the guidelines, are taking our first steps back into action.

Can't wait to see you in person at an event soon! Here's hoping"

Bridget Khursheed

Score Editor

[score@scottish-orienteering.org](mailto:score@scottish-orienteering.org)



### About orienteering:

Information on orienteering or any SOA activity, as well as addresses of clubs, details of groups and a short guide to the sport are available from:

National Orienteering Centre

Glenmore Lodge, Aviemore

PH22 1QZ

Tel 01479 861374

[info@scottish-orienteering.org](mailto:info@scottish-orienteering.org)

### Score Advertising:

Full page: £125

Half page: £65

Discounted rates available for multiple issues. Contact us to discuss:

[score@scottish-orienteering.org](mailto:score@scottish-orienteering.org)

Score is your magazine so please share ideas for content (many of you already do) by sending articles and images. I am also combing our orienteering social media for ideas and stories.

The Editor takes full responsibility for any errors please let me know!

Studying for a career in journalism, marketing or comms? Interested in photography or making videos, there are lots of opportunities to add to your CV by interning on the SOA comms team; junior orienteers still at school remember that doing some work on Score could help with your DofE or Saltire Awards volunteering - get in touch if this is you at [score@scottish-orienteering.org](mailto:score@scottish-orienteering.org)

*The front cover photo to get us looking forward to competing was taken by Grahame Nicoll (TAY) of Mel Nicoll at the rest day sprint Scottish Six Days, Oban 2011; photo of Bridget on this page taken by Sam McKinnon (RR)*

## Contents

Coming up in this issue .....	4
SOA board and team updates .....	4
ECKO success .....	9
Child Protection update .....	9
SOA team (and board) lockdown in numbers .....	10
Volunteer week celebrating orienteering! .....	10
Trialling MapRunF - a review: .....	11
Top 5 MapRunF tips and tricks.....	12
Minutes of the AGM 2020 .....	12
Puzzling our way through Lockdown .....	13
Tim takes a lead on safety .....	14
Operations! What is operations?! .....	15
Score photo competition 2020 .....	16
SOA Award Winner! President's Medal: Janet Clark .....	17
SOA Award Winner! Young Orienteer of the Year 2020: Matthew Gooch MAROC .....	17
Introducing Munro Leagues as seen at Sprintelope and everywhere .....	18
Other news: Phase 3 LiDAR data now available .....	19
Meet the Clubs - FVO .....	20
Dealing with lockdown at club level.....	21
Event reports: Alive and kicking Jamie Stevenson alternative .....	22
Club get together review and actions .....	24
Letters to the editor .....	28
Social media round up .....	29
Meta-orienteering: poem from David Gall.....	30
Upcoming events: major events calendar .....	31



## Coming up in this issue

Enjoy August **Score** - packed with O goodies as we head to Autumn and we hope orienteering!

<p><i>Club Get Together review</i></p> 	 <p><i>MapRunF review</i></p>	<p><i>100 puzzles</i></p> <p>There are 5 differences between pictures 1 and subsequent picture.</p> 
--	--	---

## SOA board and team updates



### From the SOA Board of Directors:

The SOA board have been working hard over the past months of lockdown- with no less than 7 virtual board meetings and AGM - along with the team, sportscotland and government bodies to prepare for orienteering to begin again. The background became the foreground during this time but we have got through a difficult period together. We have also welcomed new faces in

Ade Chapman and Tim O'Donoghue with special expertise in Operations and Safety.

Some special recognition is due - we could mention so much more:

- Thanks to clubs and SOA team for hard work and abiding by guidelines
- Acknowledgements to our award winners Janet Clark and Matthew Gooch who you can read more about later in Score and not to forget BOF award winners including great success at FVO
- There has been astonishing success in new kinds of orienteering - new software tools like MapRunF and virtual orienteering including the Scottish Catching Features League and Lockdown Orienteering competitions
- Well done to all Juniors in the Jamie Stevenson alternative
- And finally with competitions just resuming we are continuing to work on pathways to return to orienteering

And if you have any interest in getting involved in the sport beyond the club we are always on the lookout for volunteers and/ or prospective board members!

**Fiona Keir Chief Operating Officer and Child Welfare & Protection Officer says:**



150 days have now elapsed since the Scotland went into lockdown. While orienteering events were paused there was a significant effort on the part of the SOA staff and Board of Directors to ensure the organisations long term future financially and also to ensure we continue to deliver a service to our members. We were delighted to have approval to re-start events when we entered Phase 3 albeit with a set of guidelines which means that our events feel different without the usual social interaction and there is bit more paperwork behind the scenes for the club Covid-19 officer. We appreciate not every club can undertake the necessary steps to offer events at the moment and we have been delighted to see the considerable growth

in MapRunF courses across the country. After championing MapRunF for a few years, we are grateful for Sarah Dunn's expertise in this area to support clubs, members and partner organisations to benefit from mobile phone orienteering during lockdown and beyond!

As the person who sits in endless meetings discussing Government guidelines and has the role to navigate the SOA through the constant changes in relation to orienteering activities in Scotland, I recognise that it is increasingly difficult to keep up with the subtle changes as they take place on an almost weekly basis. I have therefore tried to summarise the key guidelines of Phase 3 below, but I do recommend the reader considers the full published guidelines which are available on our social media channels in and on our website.

#### **SOA Event Guidelines**

- Pre-entry is essential
- Maximum of 30 participants per hour
- Physical distancing of 2metres must be maintained at all times, particularly respecting other land users and event volunteers
- Events are only open to members of the organising club. (We do hope we can return to 'local events' in the near future)
- No results to be published at the event, please don't loiter at the finish or within the car park areas
- You must NOT attend any event if you have any symptoms of Covid-19 or anyone in your household has symptoms or you are required to self-isolate.

#### **SOA Coaching Guidelines**

- For participants aged 17 and over a coach can work with a maximum group size of 15 people comprising of a maximum of 4 households
- For those under 17 years of age, a coach must maintain physical distance from participants however participants do not need to physically distance during the activity providing the club have completed a Coaching Covid-19 Risk Assessment which is signed by a member of the committee, the head coach and the club Covid-19 officer.
- For sessions with participants aged under 17 sessions should be limited to 15 with 2 coaches (at least 1 qualified & 1 coaching foundation) for a coaching ratio of 1:7.
- All coached activities should be registered with British Orienteering

We are delighted to see events back up and running and we do hope some of you have been able to return to enjoying orienteering activities in some of your favourite local areas. We continue to work hard with our partners, sportscotland, to ensure our guidelines are appropriate, approved by Scottish Government and offer as much as is safe to do so at the current time.



We thank **Claire Ward (INT)** for all her hard work as **SOA Performance Director**.

The follow positions are available now on the SOA Board:

- Communications Director
- Marketing Director
- Operations Director
- Safety Director
- President

We are also seeking new volunteers for the following:

- Fixtures Secretary
- SOL Score Coordinator

Please contact [Fiona@scottish-orienteering.org](mailto:Fiona@scottish-orienteering.org) to have an informal discussion about the roles or how your skills and experience could help the organisation prior to the SOA EGM.

Here's a **ScotJOS** update from **Jon Musgrave (MAR)**, **Judy Bell (ESOC)** & **Esther Gooch (MAR)**:

We held our first post-Lockdown training session on Sunday 16th August at Kinnoull Hill. The juniors were split into small groups/bubbles for training and could then work on exercises. To meet all the current regulations, the event was also a single day rather than a weekend.

- We were meant to have a camp in May but had a Zoom night with a fun quiz - created by Pippa Carcas and some of the juniors competed in a fun relay submitting times for a run they had completed that weekend.
- The 18's from ScotJOS helped with all the judging for the Jamie Stevenson Alternative.

*Running in the forest at last photo credit Sarah Dunn*



*Working in training bubbles at Kinnoull Hill p/c Judy Bell*

- ScotJOS were all very disappointed not to be able to have our planned tour to Sweden this summer.

Our plans for the future training sessions are still very much determined by the current regulations but we are working to try to provide training and fun for Scottish Junior Orienteers and further details will be published when available.



Here is the very latest **WOC 2024** news from **Paul McGreal (RR) Event Director**:

You are likely to have already heard but here is the 'official' statement from WOC Scotland: The International Orienteering Federation (IOF) announced on 7 May that WOC 2020, scheduled to take place in Denmark, had been postponed due to the Coronavirus pandemic and would now be held in 2022. As a consequence, WOC 2022,

due to take place from 15 - 19 July 2022 in Edinburgh has been rescheduled and will now be held in the summer of 2024. This is subject to final approval from our event partners EventScotland and the City of Edinburgh Council. Further information will be released as and when decisions are taken and agreement reached with the IOF regarding dates and other issues. In the meantime, WOC Scotland organisers have been in discussion with the IOF regarding the easing of embargoes. In brief, until the opening of WOC 2022 in Denmark:

- Orienteers are allowed within the embargoed areas, but access is not permitted for activities such as reconnaissance of the embargoed areas; testing route choices; use of maps. Restrictions also apply within buildings.
- No orienteering of any kind may take place in the embargoed areas.
- Participation in established running events pass through embargoed areas is permissible.
- No training is permitted within the embargoed areas. Running or cycling regular routes such as access to and from place of work or accommodation is permissible.

More details here: <https://eventor.orienteering.org/Documents/Event/3345/2/Embargo-details-updated-July-2020>

### WOC Organising Committee Positions

The organisation will largely 'hibernate' now until late in 2021, but I would love to fill a couple of key roles before then;

- Volunteers Manager
- Arenas Manager
- Social Media Manager

If you'd like to chat or are interested in coming on-board, please get in touch: [paul@woc2022.org](mailto:paul@woc2022.org)



Here's the latest news on the **2021 Scottish 6 Days** from **Colin Matheson**:

The Scottish Orienteering 6-Day Event Company has been keeping under review the progress of the next 6-day event in view of the threat posed by the Coronavirus. At present, the intention is to go ahead with the event in Lochaber provided that travel and social distancing restrictions have been sufficiently lifted to enable the event to safely take place and that holding the event would not pose a risk to public health or to competitors or volunteers' health and safety. Mapping contracts for most of the areas have now been awarded and clubs have agreed to their allocation of individual days. The Company is keen to maintain the usual high standard of the

event but recognise that a few compromises have to be made. There are however a number of excellent new areas and full details will appear shortly on the website (currently under redevelopment). Further details will be released in due course as we continue to assess the risks imposed by the Corona virus and as government policy develops. Currently we are planning to open entries in December this year as usual.

### Coaching and Volunteering update

Stay active and enjoy says Denise Martin

This is in the back of my recipe book visited when I need a good idea and a reminder - recipes and this saying. I copied the words about 'Change' from a very inspirational director I worked under years ago. Besides being a very cool woman and my boss at the time, she was and still is a United church minister. I suspect she has interesting and wise sermons. Currently we are in a massive wave of ongoing change - professionally, personally, as communities, as organisations, as families and at a global level. It is unprecedented and all consuming. It has forced us to look at how we operate, how we cope (or not), how we survive and how we develop. It is interesting to think our human response to change is to respond in 3 ways - nonactive, reactive, proactive and positive. It would be nice if we could all seek the 3rd option to embrace change but it is not that simple.

*Change is Constant  
Follow your heart  
Focus on the Journey  
Stay Learning  
Be an Ally  
Believe in Yourself*



However I am so proud of our efforts at SOA as a staff team - we work well together, and it is collaborative, and we do our best to listen well and consider different perspectives. We do not always agree of course which is extremely positive as this creates the situation of seeking solutions. From the beginning of Lockdown as a staff team we looked at the positives and looked what opportunities this gave us. So many amazing positive steps achieved over the past months: a couple of examples which illustrate the potential when change forces a rethink.



*The Evening Grace Molloy social was a great success*

- The *Event Safety Workshop* is not everyone's cup of tea but thankfully it is for Tim O'Donoghue. As the Director of Safety, and continuing with Helen as the coaching coordinators for SOA, he put tremendous effort into re-drafting and updating the existing ESW. Between Tim, volunteer ESW trainers and myself, we created 33 new certified ESW participants (6 juniors) and 19 ESW Trainers (people who can deliver it across Scotland). There was a lot of zooming!

*Grace leaping obstacles with ease*

months involving what started with 25 participants to 10 core members completing the 6-session workshop. The commitment from the participants needs to be noted and commended. The online sessions and the home learning component might have felt like a Planners Open University Degree course, but much more fun of course. And as rewarding for me was the support from the mentor planners who came forward and gave up their personal time to offer a wealth of experience and expertise. Davie Frame, Iain Embrey, Lynne Walker and Pete Lawrence were super star mentors and hugely appreciated by myself and all the newly upskilled planners across the spectrum of clubs. The online platform has worked impressively well for both workshops.

- *Introducing Orienteering Course (IntrO)* has been re-worked and delivered online in Aberdeenshire over a 4-session system. It is our first effort at online programming with more opportunities on the horizon. It is different but it works and what is fantastic is the numbers of people involved and the exposure of our sport.

It has been a productive time and the results can be seen. I am proud as an organisation how we have responded, what we have offered (let us not forget the 2 social evening which were attended by many members led by Grace Molloy and Paul McGreal with Prof Chris Imray). Change is good and challenge creates perspective and growth. Every pot needs to be replanted again if it is going to grow. This forced change of methods and measures has shown that there are many ways to do things, that keeping an open mind is important and being creative and seeking solutions are attributes allowing positive outcomes.

*Prof Chris Imray at high altitude*





## ECKO success

### Report from Fran Loots RDO

ECKO has a real strength in terms of access to quality areas and has had a strong junior contingent. However like many clubs, the junior cohort they have had is now up and away. They have realised that to become and remain a strong club, they have to recruit on an annual basis both young people and older people. The short injection of support in the few months before COVID struck was instantly rewarded with interest from local people. This means the club are now in a good position to build on this going forward.

Feedback about their application was that their links to other organisations were strong and they presented a well -argued case. It is the first post of its kind in the Argyll and Bute area. The time is right especially with Lochaber 2021 around the corner.

The recruitment process is now completed and Jan Kersel successfully applied for and has been awarded the contract.

Good luck Jan. We wish you all the best and look forward to hearing about progress over the coming months and years.

*Jan Kersel enjoys the Argyll and Bute scenery*



## Child Protection update

As club events and activities restart it is important we consider our Child Protection and Welfare responsibilities. Our partner's at Children's 1st have provided an insightful document for clubs to consider as 'Children and Young People' return to sport following a period of lockdown. We have an update on processing an PVG applications your club may require and we recommend a documentary on Netflix.

A reminder that the welfare of children in our sport is EVERYONE's responsibility! If you have any concerns, please raise them with your Club Child Welfare officer or to [Fiona@Scottish-orienteering.org](mailto:Fiona@Scottish-orienteering.org) Any concerns will be dealt with in the strictest confidence and follow the procedures outlined in our [Child Protection & Welfare policies](#).

- Return to PVG processing - Moving Online: As we emerge from lockdown, PVG applications can once again be processed. **However paper application cannot YET be accepted by SOA because we do not have access to our registered office at Glenmore Lodge.**
- Online applications can now be processed using this link [Digital Routine Application Process](#). We are new to this system and are working our way through the online guidance available but are happy if some clubs wish to try this as an alternative to paper forms. There is not a telephone helpline available but, you will see from clicking the process link that the information you should require and support is available online. Any questions related to PVG applications should be sent to [Fiona@scottish-orienteering.org](mailto:Fiona@scottish-orienteering.org)
- 'Athlete A' Documentary: For those of you who have access to Netflix we would recommend viewing "Athlete A". It is a 90 minute documentary looking at USA Gymnastics and the abuse by Dr Larry Nassar. Of particular interest is the focus on governance, culture and leadership as enablers. It's well worth a look.

## SOA team (and board) lockdown in numbers

Here's an overview in infographic form showing just a few of the things that have been keeping the SOA team busy during the past few months.



*Infographic counting up some of the SOA's lockdown activities*

## Volunteer week celebrating orienteering!

A few of the faces celebrated during a joyful volunteer week across SOA social media channels.

*Volunteers who go the extra mile include Moira Laws (TAY), Rob Cranston (RR) and Paul Caban and Ken Daly (INT)*





## Trialling MapRunF - a review:

Yousuf Khursheed of RR puts MapRunF to the test.

Recently I had my first experience with the orienteering mobile app - MapRunF. The concept of the app is to allow orienteering enthusiasts to practice their navigational skills and test their fitness around virtual O courses. On MapRunF paper maps are replaced by a digital copy on the screen of your smart phone. To replicate normal control points the app uses mobile phone GPS software to pinpoint your location and check off each control point as you reach it (virtual dibbing).

*Yousuf at the Scottish 6 days 2019 urban sprint in Crieff p/c Steve Rush*



## Setting up MapRunF

Personally I found the app easy to install onto my iPhone 6 from the app store (MapRunF is also available on Android devices). The setup process was also completely stress free and took a matter of seconds. MapRunF's main menu is relatively straightforward: however I found potential confusion could be caused from the absence of a tutorial page to explain how the app operates. Details such as how to start the course and what will happen as you reach control points can be a bit of a mystery for first timers. Despite this a strong positive aspect of the app that I experienced is the fact you can choose to run the course whenever you want e.g. you can fit it in nicely around your work schedule or social engagements.

## Running a MapRunF course

The course I chose to run was Roxburgh Reivers Tweedbank Orange PXAC close to where I live. It was set in mostly urban terrain and after beginning my run I found MapRunF to work very smoothly. The app provided a close replication of a standard orienteering course and was thoroughly enjoyable to experience. As I ran around the course the GPS control points worked accurately and as I passed the correct control location my phone vibrated which was helpful and reassuring. When on the run the flat solid phone screen is very convenient to rest a compass on - not that this was something I needed to do much on an urban course. Although the phone screen works well with a compass I did find one small problem - the screen brightness. Even at my phone's brightest screen setting it was no match for the summer sunshine and appeared quite dim - making it a little more difficult to read fine map features than on a standard paper map.

## Seeing MapRunF results

After finishing the course and catching my breath I was pleased to see that MapRunF allows you not only to view the overall results instantly but also to view your competitor's route choices around the course with the helpful "track" feature. As someone who's orienteering skills are a little out of practice this was a good way to view the navigational mistakes I made and assess how I can improve going forward.

## The verdict

On my way back home after completing the course and reflecting on my experience I can definitely say that I was impressed with MapRunF. It had provided a fun and accurate replica of a normal orienteering event. I would strongly recommend the app as a good way to keep your navigational skills sharp and fitness levels high. Although there are a couple of small inconveniences the positives overwhelmingly outweigh the negatives. During a time when orienteering events are going to be fairly limited - the MapRunF app is a great tool for having fun and satisfying your orienteering needs.

## Top 5 MapRunF tips and tricks.....

1. Remember that once you reach the start control point of the course the clock will automatically begin running - so be sure to only go to this point when you are ready to start.
2. Keep in mind that there are no physical control points on the ground. Once you reach each location you don't need to punch or dib -your phone's GPS will simply register that you are in the correct location and a notification will appear at the top of your screen.
3. Be sure to be honest - to get the best MapRunF experience don't be sneaky and look at the map before you start or use apps showing your GPS location while you run. Only do this if you find yourself very badly lost!!
4. Make sure your phone has a high level of battery - GPS can burn power quicker than you think and if you're anything like me there is the potential you could be out on the course for a while!!
5. Try it out!! MapRunF is a fun app and a must get if you are a keen orienteer - trust me you'll enjoy it.



The Scottish MapRun scene has evolved amazingly during lockdown. Our belief that it will also be great introducing new people to the sport, running orienteering sessions in schools, and setting up simple club training opportunities well the proof is in the pudding - for example thanks to Paul Caban even non-orienteering events like the Seven Hills of Edinburgh race are using MapRunF this year.

*MapRun events now available across Scotland*

If you are interested in finding out more about how

MapRun works and how to create your own courses contact Sarah Dunn on [sarah@scottish-orienteering.org](mailto:sarah@scottish-orienteering.org); everyone is welcome to attend workshops when they resume. (Juniors under 15 should be accompanied by a parent) and there's no fee to attend.

## Minutes of the AGM 2020

Our virtual AGM finally went ahead on Zoom on the 14th June 2020: we are pleased to publish the minutes and they are now available read on the SOA website. Thank you to all those who participated and submitted proxy votes. Should anyone have any further comments or seek clarification on the minutes please contact [Fiona@scottish-orienteering.org](mailto:Fiona@scottish-orienteering.org).

The EGM, to which the majority of business was postponed, will be held on 25<sup>th</sup> September at 7pm; virtually again on Zoom.



## Puzzling our way through Lockdown

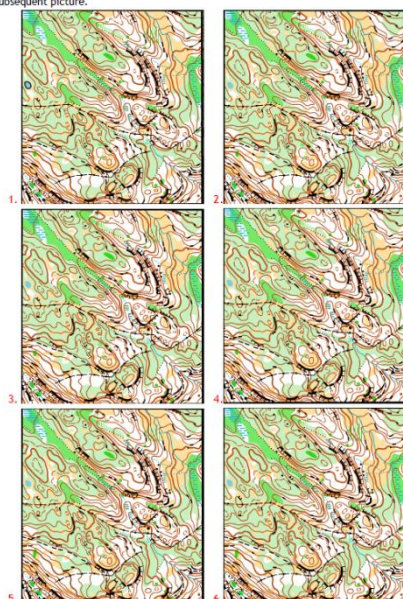
Judy Bell (ESOC) and SOA RDO

Like many orienteers I love puzzles - jigsaws, number puzzles, logic puzzles, word puzzles - any puzzles (although I've never managed to get to grips with cryptic crosswords). Back at the very beginning of Lockdown whilst unable to sleep, I thought about creating an orienteering puzzle a day. The next day when I mentioned it to the rest of the team it was suggested we might need a lot of puzzles. Stubborn and undeterred I ploughed on, not really thinking about this - and there were many times over the following weeks when I wished I had listened!

### SOA Puzzle 87

#### Spot the Difference

There are 5 differences between pictures 1 and 2, and then a further 5 differences in each subsequent picture.



For the first few weeks I had a store of puzzles from when I had edited the ESOC junior newsletter, and others sent me puzzles or ideas - huge thanks to Sally Lindsay (ESOC), Dave McQuillen (SOLWAY), Michael Atkinson (ELO), Lorna Eades (INT) and Sarah Dunn (MAROC). At first I couldn't believe the interest and support for the puzzles with them being shared far and wide. Each day I would excitedly look to see which corners of the globe it had been shared to - who even knew there was an orienteering club in Greenland or one in Paraguay? I also learnt that even English-speaking orienteers from across the world use different terminology - for example a re-entrant is a gully in some countries.

#### The very last puzzle

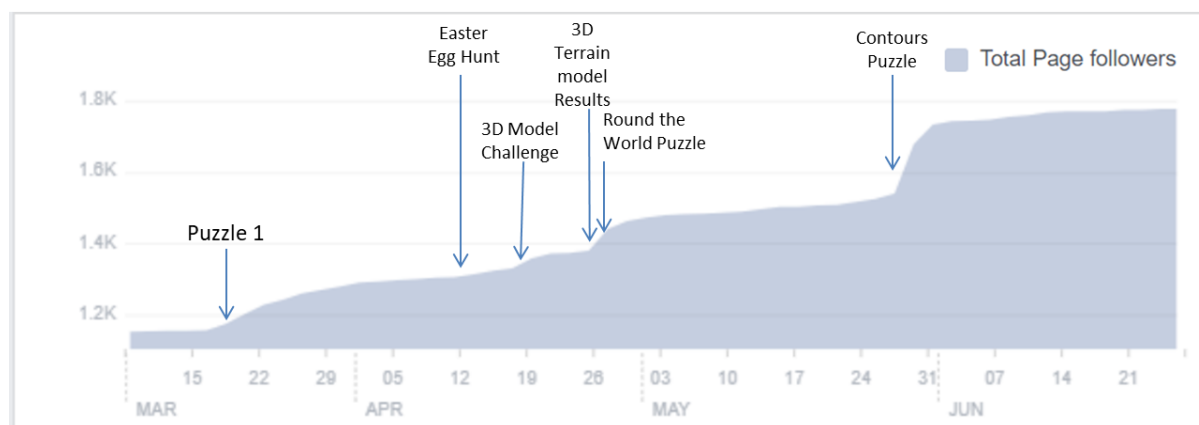
The puzzles tried to suit a variety of ages and levels of orienteering experience - so there was something for everyone. It was good fun creating the puzzles - I have learnt (and forgotten) more about control descriptions than I ever thought possible and my theoretical orienteering skills have improved - whilst my practical skills have got rusty. It was

also fun looking at how standard puzzle formats could be amended to provide an orienteering focus. Craig a Barns was used as the location for our virtual Easter Egg Hunt puzzle and provided the inspiration for the Tour of Scotland subset of puzzles; following a comment from an Irish club that everyone should orienteer at Craig a Barns at least once in their life. With the puzzles being shared around the world it seemed like a good idea to try to showcase some of the fantastic orienteering we have on offer in Scotland as well as links to historic and famous landmarks. Thanks to all the clubs who provided me with maps.

*Ben Brown's 3D terrain model of Arthur's Seat and Salisbury Crags was shared globally*

Each week we also tried to include a practical challenge type activity - colouring in, modelling, games etc. In week 4 Lorna Eades suggested making a 3D terrain model. I attempted it with a map of Queens' Park in Glasgow, as it had an interesting shape and not too many contours. My son Ben tried the summit of Capelaw in the Pentlands - and then settled on modelling Arthurs' Seat and Salisbury Crags. I suggested he wouldn't be able to do every contour but stubbornness again came to the fore (must be a family trait!) and he decided to prove me wrong. The images of his resulting masterpiece were shared around the world.





Google analytics showing the popularity of the puzzles

Looking at the download statistics from the SOA web page some of the puzzles have been downloaded more than 1500 times. The Facebook statistics showed a steady growth in engagement and also showed some interesting spikes (a simple contour puzzle reached more than 38000 people!). As the weeks went on the question as to when to stop the puzzles arose, we decided that 100 days would be a suitable aim as we hoped restrictions would also ease around this time. We hope that you enjoyed the armchair orienteering puzzles during Lockdown.

The puzzles are still available to try go to the Scottish Orienteering website or to our Facebook page Ed.

## Tim takes a lead on safety



A warm welcome to Tim O' Donoghue (SOLWAY) as he joins the Board of Directors in the newly created Safety Director role. Tim has been co-opted by the existing Directors and will stand for election at our AGM/EGM. Tim will be a familiar face to many, especially those who ran at last year's Scottish Championships in Dalbeattie Forest where he fulfilled the role as event organiser.

Tim retired a few years ago after working for more than 35 years in the chemical industry with ICI and then DuPont. After gaining a degree and a PhD in Chemistry at the University of Cambridge, he started work as a Research Chemist with ICI, and followed a well-trodden route through Technical Development into

Production Management on High Hazard chemical processes. Eventually he moved to the ICI Dumfries site where he first encountered orienteering in nearby Mabie Forest. A few years later he took on the local Health, Safety and Environmental Manager role which he kept for the next 20 years, while also becoming the Global Safety Manager and gaining experience of managing safety at sites in China and Japan.

He brings to the Safety and Policies Director role substantial experience in managing processes and safety, change management, auditing and with writing corporate safety standards. He is a long-standing member of Solway Orienteers and its committee, having recently reached 20 years as the club chairman, and is a qualified controller, coach and an amateur mapper. He and his wife, Helen, have also been involved in String course mapping and design for many years: they are currently the SOA Coaching Coordinators.

Tim is looking forward to his role on the Board, and opportunities to share more learning across SOA, and to refresh safety related systems and SOA policies. Orienteering is his main interest and when injury in recent years limited competition opportunities, he turned to coaching and local mapping. He also enjoys music, singing in a group he helped found 25 years ago and playing the trumpet in a local wind band, alongside his younger daughter.



## Operations! What is operations?!

Ade Chapman (Moravian Orienteers) SOA Operations Director (Co-opted) explains:



As one of the newest co-opted members of the SOA Board I thought it would be useful to explain what I am here to do... primarily so that I can actually try to understand what it is that I am here to do. But also because for many years I have, like probably many of you, wondered what the SOA does for us and now I know! Having been on the sharp end of translating government restrictions into useable guidelines as we emerge out of lockdown alongside 'teaching' the Scottish Government through sportscotland exactly what orienteering is and how we do it, I now have a much better understanding of what a governing body is required to do. So what does the Operations Director for SOA do: well apparently, I aim to:

provide strategic leadership and have oversight of the day-to-day events and activities of the SOA and its affiliated clubs in the sport of orienteering in Scotland, highlighting operational opportunities or risks and acting as a Trustee of the SOA Charity.

*Ade Chapman*

But what does that mean for you? Well, at the strategic level I oversee:

Land access issues, manage SOA maps and our mapping strategy, manage our equipment holdings including electronic systems, manage the practical delivery of international and GB events in Scotland; as well as working with others to provide volunteer support, developing procedures relating to Safeguarding Children in Sport, ensuring that British Orienteering rules are implemented appropriately in Scotland, collaborating to produce an annual fixtures and competitions programme across Scotland and reviewing and adjusting competitions and guidelines when necessary.

Pretty straightforward: I wonder why more people weren't chomping at the bit to take this on!

That's my general aim but my personal vision? I would love to make a difference! To that end I was asked to produce a new document giving guidance to Event Officials and helping clubs by showing them useful pathways to grow our advanced officials of the future. We all know how difficult it can be to find an Organiser, Planner or Controller for an event and believe me it just gets harder the bigger the event. My aspiration is to make the process as simple as possible, to encourage and to support the membership and clubs in general in getting orienteers involved as volunteers; our most valuable resource and something that we cannot run our sport without!

I would therefore like to also announce the publication of the Event Officials Guidelines and Framework. This document is available on the SOA website. You will find everything relating to my role within this tab but in particular specific pages for Event Officials, offering rules, guidelines and best practise in easy to find and understand formats! I would also like to announce two new roles that will champion the cause of Controllers and Planners, known as the Controller and Planner Advocates. I will pursue Organisers at a later date! My intent is to embrace technology and in particular the 'Zoom age' and hope to have lots of online forums utilising my experienced Advocates to discuss and promote all aspects of Operations within SOA. I am always open to new ideas and concepts, so please drop me a line, I would love to hear from you.

**Event officials & rules**



## Score photo competition 2020

Judged by Kirstin Maxwell

Congratulations to all our competitors and here is this year's winner.



*Above the winner by Colin Brash (STAG) – Colin said “My winning shot was taken at the Dechmont Law event (INT) with STAGs John Mckendrick whizzing by. I'd finished my race and was walking back when I saw John approaching so took a lucky pot shot and ended up with that result!”*

*Highly commended:*

*left Rachel Scott (GRAMP) familiar faces compare routes at the Venice City Race and right Colin Brash collecting controls at STAG Score event in snowy Cumbernauld Community Park with Andy Scott's Arria in the background.*





## SOA Award Winner! President's Medal: Janet Clark

The most difficult year yet to decide on the winner of the President's Medal awarded by Richard Oxlade (Acting President) with fantastic nominations from across the country: the President's Medal 202 is awarded to Janet Clark (ESOC) for her commitment and contribution to the sport.



Janet has organised events for ESOC for the last 30 years. Without her ESOC would not have established their successful series of events to encourage people to come and try orienteering and the club would not be able to provide the range of opportunities to introduce people to orienteering and subsequently develop within the sport. She is very hands on - getting involved with access, cajoling volunteers, looking after equipment, running the event, and promoting it (often done the hard way by delivering fliers to hundreds of houses in the locality). She is the first to volunteer to help with any orienteering activity.

*Volunteering for 30 years.*

*"Without Janet, my family and hundreds of others would never have tried orienteering and decided it was the sport for them".*

She epitomises the inclusive aspects of the sport encouraging everyone that orienteering is the sport for them - no-one is too young, too old, too unfit, everyone is welcome. She manages to make everyone feel like a winner and want to try the sport again. She also works to strengthen communities, volunteering with other community groups to promote orienteering and look after our wonderful outdoor playground. As someone in their late 70's, she is the ultimate poster girl of the benefits of sport to promote health and wellbeing and keeping people active. In summary Janet is the exemplar of a grassroots volunteer and to quote from the nomination

## SOA Award Winner!

### Young Orienteer of the Year 2020: Matthew Gooch MAROC

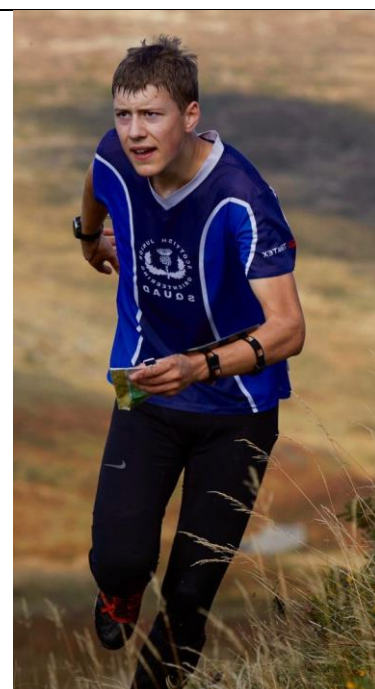
**Sponsored by Tulloch Homes, the award goes to:**

**Matthew Gooch.**

Matthew contributes to the sport not only in his performance at events but equally as an active volunteer.

Away from the forest he makes a significant contribution to MAROC in his role on the committee as the club's Computing Officer. He oversees the upkeep and logistics of the club's event timing equipment and is currently managing the club's transition from Emit to SI. He also plans and organises events. In March he was awarded Aberdeenshire 2019 Young Sportsman of the Year. Matthew's contribution to Scottish and club orienteering over the past few years has been immense. His competitive results speak for themselves but for someone so young to take-on and deliver such a major committee role with such confidence at this important time for the club is outstanding.

*Matthew Gooch in orienteering action*



## Introducing Munro Leagues as seen at Sprintelope and everywhere

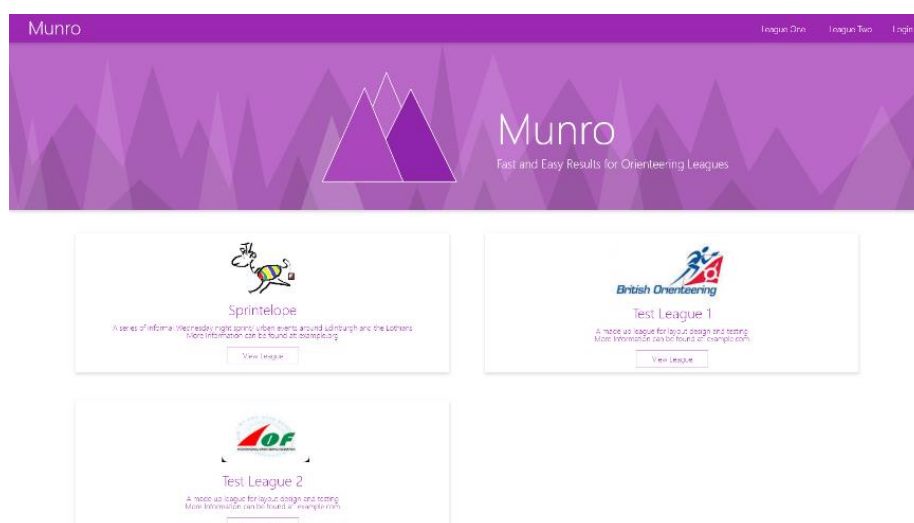
Ben Brown ESOC and a previous Young Orienteer of the Year



Munro Leagues, started as part of my Advanced Higher Computing project, is a league results calculator. It calculates the overall results for a series of events, it is designed to be easy to use and require very little effort for league coordinators and event organisers to use. It is now hosting the results for several leagues with over 125 events and almost 5000 results in the system across Scotland including:

- the Sprintelope
- Northern Night Cup
- Fight with the Night leagues.

Munro makes viewing everything about a league easy, you can view all the events, dates, links to further event details and links to Routegadget and Winsplits to make sure you can find everything in one place. You can view results for all events and the overall results for the league, with options to sort and filter the results by name, club, age, time/ score allowing you to view any subset of results in whatever order you want. Munro is easy to use on the go, as well as looking good on all screen sizes; it has support for offline caching, so you can access the data even when you don't have a signal.



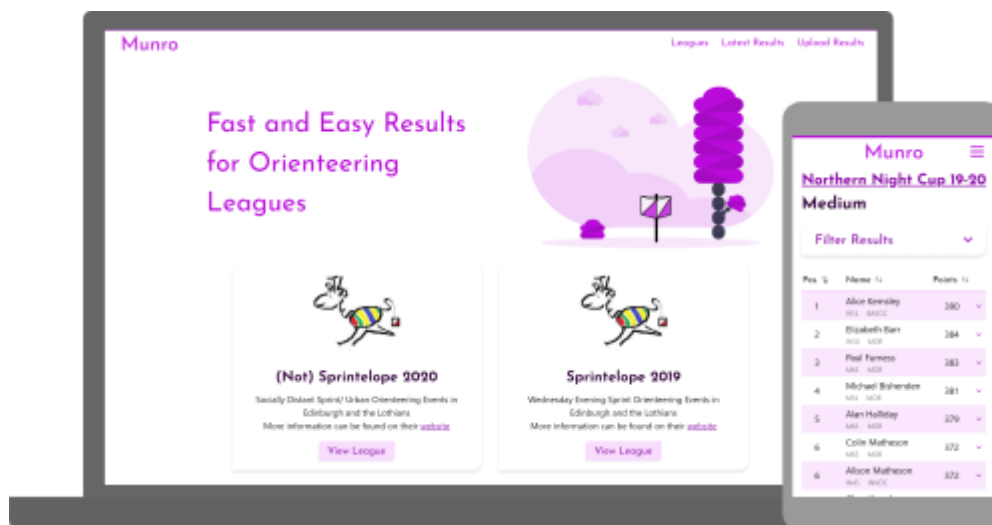
*Munro original design*

When I had to originally decide on a project for Advanced Higher Computing, I originally had no idea what I wanted to do; but I had just finished calculating the results for the Sprintelope series using a spreadsheet. This took quite a while, as for each event I had to process the results file into something suitable to work with, update the formulas in Excel to cope with the new event



and then match all the stray results which hadn't been matched properly (lots of people vary which name they enter under), before running a script to create a web-page to display the results in a friendly way. This process took time, by the end with practice I could process the results, if there wasn't a problem in roughly 25 minutes, but was sometimes taking over 50 minutes. As it was taking so long my dad suggested I could, write a league results calculator as part of my project. To make it as easy as possible for everyone to use and to make the upload process take a matter of seconds, I had to make the results file upload as simple as possible. Therefore it takes almost any CSV (any file with a sensible format should work) and has been tested with the exports from the main results software. It matches people's results automatically; and can even match when people enter under with different details like variations in their name (e.g. Pete and Peter), and has a simple admin interface to fix it in seconds when it occasionally makes a mistake.

Although I created it for my Advanced Higher project, I have continued to add features to it. Some features I have recently added include: assigning manual points for event organisers, including the ability for it to give the organiser either their average score for the league or their maximum score they achieved at any event (as used in the Northern Night Cup) and a range of different scoring systems, including SOL style points, using points from a score race, and assigning double points to races. This summer I have also made further enhancements to allow you to manage "virtual" leagues using Munro, such as the (not) Sprinteloque league in Edinburgh, where an event gets uploaded to MapRun each week. I have just added a way to import the results directly from MapRun, it reads the results file directly so there is no hassle with downloading and uploading files. There is also now a form for people to submit their result for automatic inclusion in the results if they didn't want to use MapRun.



*Munro latest design*

For those interested in the technical details: Munro is a VueJS web app querying a Python Flask API and the full source code is available on my GitHub at:

<https://github.com/brownben/munro>

Munro is still in development and if you have any feedback or questions about Munro, please feel free to email me at: [munro.leagues@gmail.com](mailto:munro.leagues@gmail.com)

## Other news: Phase 3 LiDAR data now available

Clubs in central and southern Scotland may be interested to hear that Phase 3 LiDAR data has recently become available. The new dataset covers a large part of central and southern Scotland and could prove extremely useful for any planned mapping projects. It is available to view and download from the [Scottish Remote Sensing Portal](#).

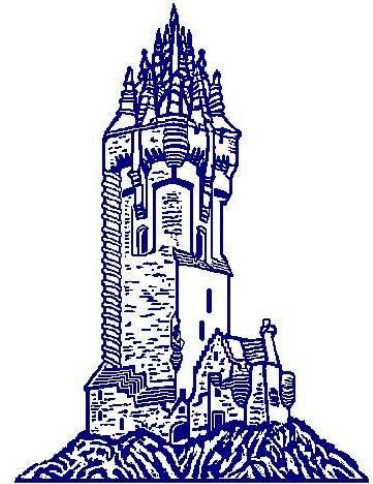
## Meet the Clubs - FVO



- **Full name:** Forth Valley Orienteers
- **Founded:** August 1973, as a merger of two clubs (Ochils OC and Devon Valley OC) at a meeting in Torbrex, Stirling. The house where the meeting took place is no more, but the street is on one of our urban maps, and we doff the cap to the empty space when we go past.
- **Membership:** 220, give or take a few. We took a decision in 2016 to try and "grow" the membership managing to increase it from 125 to 200 in 4 years.
- **Age range:** Competitive athletes from 3 to 80-ish
- **Area:** The historic counties of Stirling and Clackmannan are our base, but we nibble into Fife (Tulliallan), Perthshire (Rannoch and Birnam) and

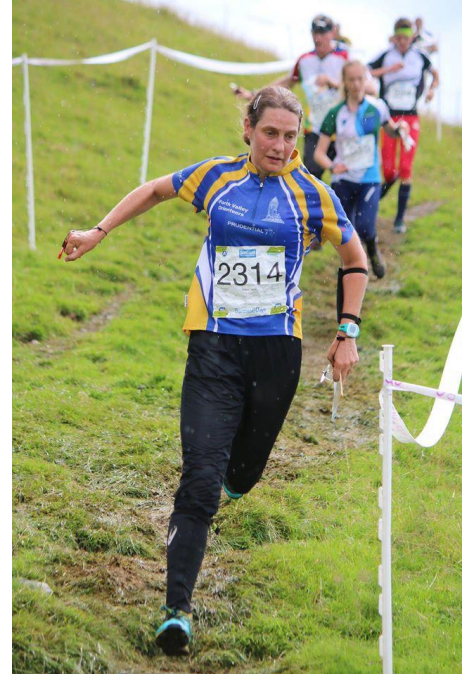
Dunbartonshire (Colzium) a bit, and we've grown our presence in West Lothian significantly over the last few years significantly.

- **Best-known terrain:** Lots! We're fortunate enough to have a large range of excellent terrains at our disposal. At a local level, Abbey Craig and Barrwood are always popular, while our bigger areas such as the Trossachs and Touch Muir draw in big crowds when we're able to use them.
- **Most infamous terrain:** Has to be the Trossachs! Parking is a bit of an issue, and it's not easy to get junior courses down, but for full-on TD5 orienteering, it must be amongst the best areas in Scotland.
- **Regular events:** We have 3 regular series of events. A Wednesday Evening series in spring and summer, with Green, Orange and Yellow courses, a Night series over the winter, with courses as tough as can be placed in the terrain, and, for the last three years, a late summer Sprint series. We also organise a monthly local weekend event, and have one or two bigger races each year, including National champs and Scottish League fixtures.
- **Successes:** Compass Sport Cup three times in the last five years. Prior to that, we won the Compass Sport Trophy 11 times between 1984 and 2013. We're also the current BOF Club of the Year.
- **Outreach:** Club members helped students at Stirling University to re-form their orienteering club, and support their activities with planning and organisational advice. All members of StUOC are automatically 2<sup>nd</sup> club members of FVO. At the 2019 Scottish Schools Orienteering Festival, we had representative on three secondary and seven primary age-group teams, all of whom were managed by club members. We also run two events each year on World Orienteering Day, one in Dunblane and one in Linlithgow, and these attract over 100 participants each from the wider local community.
- **Social media:** Regular posts to Twitter and two Facebook groups - one for club members and the other for the general public - highlight our activities. The club website sees weekly updates during the competitive season which also profile our successes, and we have good relationships with several local newspapers, which publish weekly articles and photographs.





- **Coaching sessions:** We have two blocks of coaching for novice orienteers each year, each lasting for four weeks, which help to attract new blood into the club. The club's Coaching Co-ordinator runs regular coaching sessions alongside local events, and we had 25 youngsters enrolled on the last block of coaching, at TD2-TD3 levels. We also have an annual coaching weekend, where we go somewhere nice like Strathspey and practice technique, socialise and enter any local events that are happening. As a crossover between coaching and outreach, several of our coaches and many of our junior athletes are now active in the Scotland West Orienteering Team (SWAT) which draws together young athletes from across the west area, as a bridge into ScotJOS.
- **Social:** We have an annual club activity day, tied in with the AGM, which attracts members from right across our age spectrum to come out and take part in O-related games, treasure hunts and talks. We also have an annual Awards Night and Dinner Dance to recognise the successes of our athletes during that year. Following each of our midweek events, athletes retire to a local restaurant to refuel and continue the discussion of the courses run that evening, and at the biannual Six Days Event, we make a point of having a tea party to bring members together.
- **Best anecdote:** There have only ever been eight presidents of the International Orienteering Federation, and two of them - Sue Bone (Harvey) and Brian Porteous - are FVO members.



## Dealing with lockdown at club level

Lockdown came at precisely the wrong time for us. The previous week, we had qualified as a club for the 2020 Compass Sport Cup final, and had been advised that our bid to host the 2022 final had been accepted. Plans were at an advanced stage for a SOL race at Birnam and a Middle Distance race at South Achray. We were also slated to be organising the 2020 Jamie Stevenson Trophy, and arrangements were well advanced for the Wednesday Evening series, which was due to begin in four weeks. All of that had to be shelved, and we were anxious to ensure that we maintained our strong club identity throughout what threatened to be challenging times. So what did we do?

Members of the committee contacted each and every club member for a chat, to reinforce that, while we were curtailing our activities for a while, we weren't shutting down entirely, and to ascertain if there was anything the club could do to support members during lockdown. Off his own bat, our development officer, Chris, organised a series of Lockdown Orienteering events, which brought in competitors from all over the world, and has had the IOF talking about how they can include E-Sports in their future activities.

We organised a series of fortnightly "Pub Quizzes" via Zoom, with over 20 teams taking part, and members from right across the age spectrum setting quiz rounds. One of our new families, who only joined in December, and have no background in the sport, took part every week, and did their very best in rounds with a high level of technical orienteering knowledge.

We also had a fortnightly "Open Mic" session, where club members who have excelled in other sporting disciplines, spoke about some of their achievements. These included Gareth Bryan-Jones (1968 Olympian), Angela Mudge (former World Mountain Running champions) and



Kris Jones (speaking about his blossoming career as an athlete on the track and in cross country races). At the 2020 club activity day, there was a strong interest from members in learning how to plan courses successfully and we organised a Course Planning competition over a three month period, with courses being set at all levels of technical difficulty, including forest, sprint and urban events, a simulated night event and a prototype World Cup race. Following each round of judging, we had an online meeting to discuss the

courses presented, and pick up some tips from some of our very experienced planners. Once some of the lockdown restrictions were lifted, we arranged for a weekly Virtual Orienteering Course to be available via the club website for athletes to run in their own time using the MapRun app and logging their times onto Routegadget.

Now, as we move back into "normality" and have the ability to plan and organise actual physical events, we're still innovating. We were the second club in Great Britain to be able to organise a post-lockdown event (GRAMP beat us to the mark by half an hour), and had a very successful local event at Minewoods, Bridge of Allan under the "Return to O" programme. One key feature of this was that all competitors had to pre-enter, and one of our juniors wrote a program to collect entries and allocate start times. While this is still in development, it looks good enough to be used in future for all of our local events, and the author is willing to share his work with the orienteering community, if they'd like to use the app for their own activities.

## Event reports: Alive and kicking Jamie Stevenson alternative

How apt that the Jamie Stevenson Trophy is a horse as this year our 'alternative' event was alive and kicking! We set a challenge for young people to devise and run a course that included nine orienteering features and send in a selfie from their favourite control. In addition, as an extra challenge we asked if they could design a course in the shape of a horse.



The modified event logo (above)

Winning entry from Catriona Chapman MAROC (right)

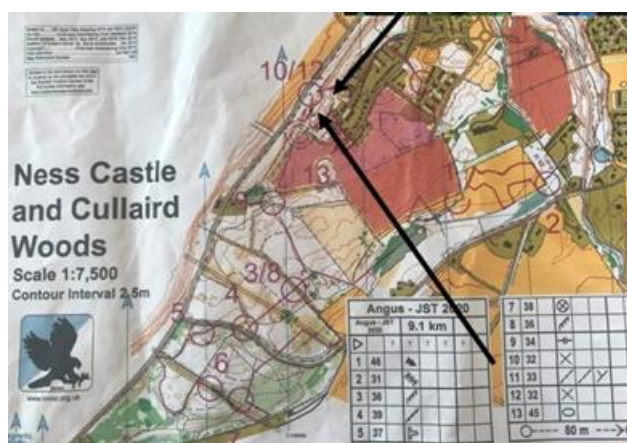




What an impressive set of entries which can be viewed online on the SOA YouTube channel too.

<p><b>M/W10</b></p> <ul style="list-style-type: none"> <li>1st Finlay Cottier ECKO</li> <li>2nd Hannah Inman FVO</li> <li>3rd Henrik Borrowman INVOC</li> </ul> <p><b>M/W12</b></p> <ul style="list-style-type: none"> <li>1st Ruari Cottier ECKO</li> <li>2nd Calum Robertson ESOC</li> <li>3rd= Erica Cload INVOC</li> <li>3rd= Iona Scott INVOC</li> </ul> <p><b>M/W14:</b></p> <ul style="list-style-type: none"> <li>1st Angus Laird INVOC</li> <li>2nd Maja Robertson ESOC</li> <li>3rd Sam Hunt FVO</li> </ul> <p>Special mention to Kate McLuckie MOR, Katie Hensman FVO for interesting courses, Charlotte Rose Burton INVOC -mapping and James Hammond FVO endurance and picture, Aaron Lee KFO - pictures</p> <p><b>M/W 16:</b></p> <ul style="list-style-type: none"> <li>1st Catriona Chapman MAROC</li> <li>2nd Angus Ivory INT</li> <li>3rd Jona Newey MAROC</li> </ul> <p>Special mention for pictures to Lucy Hensman FVO, Daisy McNamara AYROC, Ewan Bennett MAROC</p>	<p><b>Special prizes</b></p> <ul style="list-style-type: none"> <li>Hazel Cload - snail course INVOC</li> <li>Alexander Hunt - octopus course FVO</li> <li>Ben Redmond - MAROC 2020 flag course MAROC</li> <li>Grace Polwart / Hannah Brindley - team effort FVO</li> <li>Colin Dower - map surveying TAY</li> <li>Anna Maclean - pictures INVOC</li> </ul> <p><b>Best horse shape:</b></p> <ul style="list-style-type: none"> <li>W14s-Maja Robertson</li> <li>M14s-Angus Laird</li> <li>W16s-Catriona Chapman</li> <li>M16s-Jonas Newey</li> </ul> <p><b>Most interesting course:</b></p> <ul style="list-style-type: none"> <li>W14s-Kate Mcluckie</li> <li>M14s-Sam Hunt</li> <li>W16's - Lucy Hensman</li> <li>M16s-Angus Ivory</li> </ul> <p><b>Best picture:</b></p> <ul style="list-style-type: none"> <li>W14s-Katie Hensman</li> <li>M14s-James Hammond and Aaron Lee</li> <li>W16s-Daisy McNamara</li> <li>M16s-Ewan Bennet</li> </ul>
--	---

We expected around 20 -30 entries and ended up with over 70 juniors participating from thirteen clubs across Scotland. The Scottish Junior Orienteering Squad 'leavers' did the judging supported by the Regional Development Officers. The area coordinators for North, East and West rallied the troops so it was a team effort all round. We all congregated for the 'parade and prize giving' on zoom. It was a delight to see so many participate. The trophy itself has not been awarded this year but we have 'winners' for horses and courses and photos of the action, as well as special entries worth a mention. **INVOC** as a club had meetings about their entries and really worked well together so a special shout out to them. We have lots of young people who planned their own course for the first time and some who even got involved in some map making. Well done everyone for all your fabulous efforts!



JST horse and foal and more from Angus Laird INVOC

## Club get together review and actions

Richard Oxlade discusses the highlights of this event held on the 29<sup>th</sup> February at Birnam.



*Club Get Together 2020*

### Reminder of the process

There was excellent discussion and an enthusiastic atmosphere at the Club Get Together held on 29th February in Birnam. The counts (Green=agree/Orange=ambivalent or unsure/Red=disagree) were not intended to be a formal vote - simply an indication of what the attendees (mainly the clubs) felt. The comments provide great insight into peoples' thoughts and of course the day enabled idea and opinion sharing. The day's talking points are summarised below:

### Competition review

Strong opinions on this: the point was made that we should consider the finances of orienteering as whole (including events) not just focused on SOA funding and especially not just levies associated with competitions. This is a fair point and probably a good topic for another Get Together. This time we were trying to establish if there was support for some of the changes, for the concept of professional support and given this the willingness of Scottish Orienteers to pay for this (many of us are good at saying we want something but less inclined to pay for it!)

### Competition calendar

A feedback opportunity on the conclusions of Jon Musgrave's competitions review. He consulted clubs but the board felt that conclusions need tested before being implemented.

- Should we have double headers? There were mixed views, and I think everyone recognises the pros and cons of weekends with events on Saturdays and Sundays (e.g. less travel, fewer weekends away, but Saturdays often devoted to other activities, particularly for families). Overall support for 2 event weekends, but very clear feedback that they should not include 2 SOLs. We will take this on board as we rebuild the orienteering calendar
- Should the sprint weekend be held in the summer? This question arose from some icy urban experiences. It appears that most folk agreed that it would better to move it out of winter (not necessarily to the summer).
- Should the SOA vet areas? The question should probably have been "should the SOA be involved in area selection for Scottish events?". There has been criticism in the past that some areas weren't good enough for major championship events. This question appeared to get general support but there were concerns that we already have processes in place



to do this (e.g. controllers). Little support for doing this for SOLs instead that it should only be considered for Level A/ National events. And with a light touch! This is clear feedback and the way forward is probably to have key event officials (e.g. controllers) appointed in good time so that they can raise any concerns as per the BO rules.

- Should the SOA vet officials? Again “vet” wasn’t a good word to use this probably should have said “should the SOA have a say in appointing event officials”! Mixed feedback but on balance the answer was a fairly clear “no”. There was the observation that SOA was historically more hands on with appointments but the consensus seems to be that more training (and a better CPD) programme is a better way forward.
- Should SOLs be all classic longs? This question was added by one group. It showed a diverse opinion and therefore not a compelling argument to change the current leagues.
- Professional support for events: We asked these questions as it is one of our areas of expenditure not supported by sportscotland.

### General observations

Some additional comments that support professional support in the areas of e.g. contracts. A few folk also pointed out that there is a strong role for the SOA in promoting the sport.

- *Do clubs want advice on access issues?* There was a lot of support for professional help dealing with nationwide bodies (e.g. NTS, FCS etc). I think this counts as a yes although one or two clubs clearly don’t need this.
- *Do clubs value technical advice?* From the comments this appears to fall mainly in 2 areas - mapping (e.g. LIDAR) and IT. There is strong support for this although some of this is voluntary (e.g. Robin Strain’s unfailing support for the sport) and there were some suggestions that this should be rewarded.
- *Do clubs want support to brand high profile events?* We asked this question as there has been some debate over the past few years about event presentation. Paul McGreal put a strong argument a couple of years ago that event presentation is one of the weaker aspects of our sport - although there are clearly exceptions e.g. televised events (JOK sprint at Falkirk and the World Championships). This is perhaps not surprising as volunteers are stretched and have many conflicting demands - course quality, logistics etc inevitably get prioritised. Feedback was mixed - which is probably a fair reflection of views across the sport. At the very least it suggests that we should make better use of materials that we have (e.g. banners) for larger events.
- *Do clubs want help mentoring officials?* There was some support for this, but the emphasis was mainly on clubs doing it themselves. There appears to be a place for support in the form of clear notes/ checklists, sharing of best practice and good training courses and this is where we will focus our efforts.
- *Should the SOA run prize giving at major events?* Always a contentious subject. Prize giving is seen as important for recognition (especially for juniors) but inevitably has to take place after most competitors have finished. By which time many just want to head home. This puts a lot of time pressure on organisers. Feedback was ambivalent and we need to rethink this. Key points were that it should be slicker and focus more on juniors.

### Levy proposals

This was a very focussed question to see if there was support for raising more income for the parts of the SOA not supported by sportscotland. Perhaps not the right question (too “narrow” or SOA focussed) - orienteering finances are probably the topic for the next Get Together.

<i>Should extra SOA revenue be generated via levies?</i>	This was an extra question added by one group. There appeared to be general support for raising revenue from levies although some comments show that we still have more work to do to explain why we need to do this.
<i>Should/ do we need to educate members about finance structure &amp; needs?</i>	This was an extra question addressed by one group and arose from concerns that the average orienteer doesn’t understand the true cost of the sport which is relatively

		cheap compared to many other sports. This looks like something the SOA should take on.
<i>Should levies be raised by £1 at:</i>	<i>National Events?</i>	First of a few very specific questions to gauge the willingness to pay more for professional support from the SOA. An increase in levies for National Events was generally supported.
	<i>Regional Events?</i>	Broadly the same as for National Events
	<i>Local Events?</i>	This got a much more mixed response and needs some careful thought as a £1 increase could represent a significant percentage of the entry fee. There are clear pros and cons.
<i>Should juniors be treated the same as seniors?</i>		It looks like this is a no!

## Development

We asked questions under 3 areas covering a large part of the Development Team's remit. **sportscotland** fund our RDOs and the Coaching & Volunteering, although we only get money from them if members pay for an effective SOA organisation so clubs & members should have a say in their work.

## Governance and funding

Governance includes development plans, accreditation etc. Often behind the scenes and sometimes seen as unnecessary as not directly linked to events but valued by others (and **sportscotland**) as essential for a healthy and sustainable sport. We got interesting feedback:

- Clubs would like help to prepare development plans and in particular examples of plans. It was great to hear of examples where clubs had benefited from this and there appeared to be strong support for the RDOs' work helping clubs with their development plans. They appear to be a good way of sharing best practice.
- There were more mixed views about the accreditation process but a general consensus that it's a necessary evil. Views ranged from "... a great review of club activities and processes..." to "... we waste time on it.". This is one of our **sportscotland** targets and most of our clubs have achieved Bronze standard. Now the key issue appears to be how much further to take it and that depends on what demand there is from clubs
- Do clubs need support with funding applications? This question came up during the strategy workshops last year. It sounds like most clubs would value some SOA help in this area to navigate the funding/ sponsorship landscape, while recognising that some opportunities are best identified and handled locally.
- The concept of the club 'toolkit' is quite broad. Fundamentally it can be anything that helps clubs across Scotland be more effective, from documents to apps. There appeared to be broad support for the toolkit as long as it was up to date and well organised to allow resources to be easily found. It should allow sharing of best practise between clubs. This is on the SOA's plan and this feedback encourages us that we are heading in the right direction, while recognising the concerns that we don't waste time and effort duplicating British Orienteering content

## Training

A popular topic: our challenge is to get the balance right - providing enough support but not treading on the clubs' toes. The questions were designed to get a feel for this

- Do clubs want help identifying needs? Fairly evenly split with some saying no - it's a club responsibility, others saying it depends on size of club (no one size fits all) and others



saying that it can be helpful to have overview/outside view from RDO. The best way forward is to make this club (i.e. demand) driven through conversations with the RDOs.

- Should the SOA provide better awareness raising of training opportunities There was more support for this but not seen as a high priority by some clubs. Again there was a sense that it was largely for clubs to do but useful for RDO's to share best practice and awareness across clubs.
- SOA arranged bespoke courses? There was quite strong support for this especially around First Aid, SI and Coaching. This included facilitating clubs to do this for themselves and looking at inter club courses. It therefore remains one of SOA's focus areas
- SOA support with developing regular club training? Majority support for this although some saw it as club responsibility only. The main plea was for sharing of best practice and putting together something to give structure for clubs to run their own sessions.
- Do clubs want support for developing area squads? Very strong support for this with one negative comment. They are especially valued for juniors. Comments included the need for squads to move around areas, to be inclusive and have support to develop them in liaison with clubs to ensure sustainability (enough coaches and volunteers to run them).

### Linkages & partnerships

The third area of interest to us was the support clubs wanted to develop linkages and partnerships with other bodies and the public in general. There is still a need to raise the profile of the sport and improve publicity which clubs may need help with. The SOA development team can play a role in contributing to this and the more that is achieved centrally, the less time that clubs need to devote to this, although clearly a few clubs prefer to do this locally.

- Active Schools and teacher training were mentioned: Past experiences of working with Active Schools have been mixed and variable between regions. They may be more effective in rural areas compared with cities. There is a perception that they should be delivering activities for us, whereas in practice much of the benefit has been gained from using them as effective links and communication channels to the schools. The development team can do more in the background to help build the links and demonstrate the grassroot benefits. There were also mixed views on the benefits of teacher training, some of which are contradictory (e.g. comments that teachers don't understand the sport imply a need for better education!). A clear message was that there needs to be follow-up and also work to ensure that school orienteering experiences are more than just playground based compass exercises or similar. There is a need to communicate the flavour of the real sport and create accessible opportunities for schools to participate.
- Other opportunities included running festival events which some clubs were happy running whilst others would appreciate support with festival type activities. Some recognise the potential value, whilst others feel it is wasted effort. There is a clear need to provide follow-up by linking festival events into a wider pathway and to publicise opportunities for getting started in the sport, which the development team can help support. There was a general feeling that we should be looking out for ad-hoc opportunities but should be careful which activities have time devoted to them, as many may not lead on to anything.

### Volunteers

The SOA has been developing a volunteer strategy for the next 4 years and highlighted 3 areas where club feedback could help shape the strategy. We wanted to know how best to identify volunteer needs This was a question mainly targeted at clubs, although we're also trying to understand where the SOA can help. Clubs appear to support the need to identify volunteers needs in a more structured way than currently happens. Key points included the need for better defined roles at all levels up to major event organiser, and simplified procedures (maybe the job doesn't have to be done the same way that it always has). Less positive responses were around

help with appointment of controllers and restrictions caused by SOA only membership). Regarding the support and manage volunteers, the colour coding was probably less important than the many suggestions. These included some very insightful points that are probably applicable across most clubs and could be developed into a set of best practice guidelines e.g.

- Don't be afraid to ask volunteers - don't let the same person keep doing the same thing
- Pay for some qualifications (e.g. First Aid)
- Say thank you visibly
- Give tangible rewards (e.g. free entries)
- Have a succession plan (especially for key roles)

Standard training courses for volunteers (perhaps online) were suggested to support clubs.

## WOC 2024

The purpose of this session was to get clubs to start thinking about WOC - how they could get involved before and during the event, and how they could benefit after the event. Clubs were interested to get involved but results showed possibly there were reservations or lack of clarity about how clubs can get involved. There was a positive feeling and a great ideas list for involvement to get taken forward by the WOC team and the SOA development team.

## Feedback on the day

Most folk thought it was a worthwhile day. Despite only pseudo voting and post-it notes the day was primarily about sharing opinions and ideas and it felt like we largely achieved that. As never this will mean nothing if we don't do anything so the SOA will take the feedback on board as we move forward. We hoped to have this event once per annum. In February I would have suggested orienteering finances as a topic. But after lockdown we may have to wait and see.

A more in-depth look at the event discussions is available from Richard Oxlade or via the SOA team

## Letters to the editor

Good evening

As a long-time member of CLYDE even though I reside near the Forest of Dean I found the recent issue of Score. As I am out of the regular O info loop I had not appreciated that Scotland was hosting a WOC 7 years after the last one although I read it as sprints primarily. However main reason for my email is to point out that GUOC is not based in the East of Scotland as implied in the club listing.

Enjoyable read thanks. Well done for your first issue as editor.

David Black (M65) (by email)

*Thanks very much indeed David for pointing this typo out – now corrected ed.*

*Next issue: we will be taking a closer look at clubs returning to events after lockdown and we would very much like to hear from you on that topic both as organisers and competitors. Get in touch the usual way!*



## Social media round up



Orienteering around the playground today with a minion twist at Stonehaven hub! 🍌🍌



10:07 PM · Jun 23, 2020 from Stonehaven, Scotland · Twitter for iPhone



**Lockdown Orienteering**  
@LockdownOing

The Junior Weekend will be the first time we'll have a race in Minecraft! You'll race round a Turkey inspired area. Hosted by SpurPosting who have already organised 2 orienteering races in Minecraft. You can watch a demo video over on SpurPosting's website [spurposting.com/minecraft](http://spurposting.com/minecraft)



10:30 AM · Jul 7, 2020 · Twitter Web App

## 0 goals

Score are looking to follow a group of orienteers over the next year or two and see how they set and meet their orienteering targets - beginner or long experienced get in touch; there will be some survey questions to start off with.

\*\*\*\*

*Left Aberdeenshire PE orienteers with Minions;*

*Bottom left Lockdown Orienteering keeps it fresh with the Minecraft event;*

*Bottom right an orienteering meme that speaks to us all*

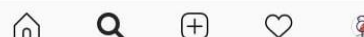


**orienteeringmemes\_**  
Tom's Treats

When you hear the SI air beeping tune



Liked by oscar04 and 45 others



## Meta-orienteering: poem from David Gall

Creative approaches to our sport

### Orienteering

Running through the forests of Scotland not knowing where I am,  
But don't worry recognised a feature gotta keep calm,  
My fingers so cold gotta punch card using my teeth,  
Mud covered trainers as I run through that heath.

As I find that hidden orange and white control,  
Standing alone on a windy knoll,  
Bramble bashers on and map in my hand,  
Running so fast surveying this land.

Path, thicket then edge of a steep crag,  
Then I hear the noise of a startled stag,  
Snow all around makes the land so white,  
Makes the control stand out to my delight.

I hurt my leg before but it made me run so fast,  
The faster I run, means the pain, will not last,  
Like running in the rain you want to get finished quicker,  
Teenage life meant it didn't have much difference to my ticker.

I enjoyed orienteering notorious for wearing my Aberdeen top,  
Sprinting to the finishing line almost going to drop,  
I put everything into every race but sometimes I got lost,  
But thankful of the finish line when I crossed.



Hello my name is David Gall and I used to be competitive in my youth winning at my age group I used to run all over Scotland in the 1990s from Mabie forest to Rothiemurchus in rain and sunshine in my Aberdeen football top. I've recently got back into orienteering but purely at a very amateur level as I tend to waddle instead of gliding over the heather. I write poems about things I love and please see below one such poem. If you have any publications online or in print and if you feel it warrants it please can you share it with the orienteering community. Never know people who I used to pass in the forest and up hills might remember me.



## Upcoming events: major events calendar

### September - December 2020

The event situation is still fluid so we are not including event information in Score this issue.

You can confirm dates and locations on SOA Events page, the BOF Events page, or at the club events page(s):

<https://www.scottish-orienteering.org/soa/category/fixtures-events>  
<https://www.britishorienteering.org.uk/event>

Keep your eyes on SOA news and social media too for more news.

*Forest running where we hope we will be soon photo credit Tim O'Donoghue*

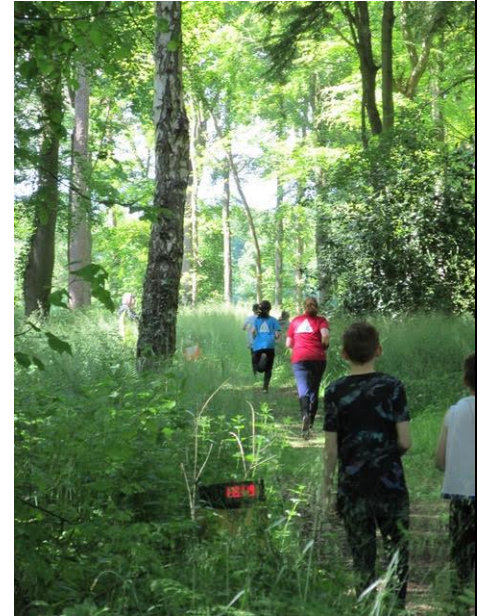


Image disclaimer: if we have missed your picture credit please let us know. We have checked all images included are free to use.

# CompassSport

## The UK's Orienteering Magazine

Packed with maps, event reports, coaching tips and advice, MTBO, Mountain Marathons/Rogaining, Competitions and much much more.



Subscribe online using all major credit cards at [www.CompassSport.co.uk](http://www.CompassSport.co.uk)

52 pages, full colour, 6 times a year  
 £35 for BOF Members and  
 £36 for Non BOF Members.

*'A luxury you can afford.'*



Club • Area • Website	Club • Area • Website
AROS - Auld Reekie Orienteering Society • Edinburgh • <a href="http://www.aroslegends.com/">http://www.aroslegends.com/</a>	INT - Interlopers OC • Edinburgh • <a href="http://www.interlopers.org.uk/">http://www.interlopers.org.uk/</a>
AUOC - Aberdeen University OC • Aberdeen • <a href="https://www.facebook.com/aberdeenorienteering/">https://www.facebook.com/aberdeenorienteering/</a>	INVOC - Inverness OC • Inverness & Highlands • <a href="http://www.invoc.org.uk/">http://www.invoc.org.uk/</a>
AYROC - Ayr OC • Ayrshire • <a href="https://www.ayroc.co.uk/">https://www.ayroc.co.uk/</a>	KFO - Kingdom of Fife Orienteers • Fife • <a href="http://www.kfo.org.uk/">http://www.kfo.org.uk/</a>
BASOC - Badenoch & Strathspey OC • Speyside extending to Fort William • <a href="https://www.basoc.org.uk/">https://www.basoc.org.uk/</a>	MAROC - Mar OC • Aberdeenshire • <a href="https://www.marocscotland.org.uk/">https://www.marocscotland.org.uk/</a>
CLYDE - Clydeside Orienteers • Glasgow, Renfrewshire & Dunbartonshire • <a href="http://www.clydesideorienteers.org.uk/home/">http://www.clydesideorienteers.org.uk/home/</a>	MA - Masterplan Adventure <a href="http://www.masterplanadventure.uk/">http://www.masterplanadventure.uk/</a>
ECKO - Loch Eck Orienteers • Argyll • <a href="http://www.ecko.org.uk/">http://www.ecko.org.uk/</a>	MOR - Moravian Orienteers • Moray, Nairn & Banffshire • <a href="http://www.moravianorienteering.org/">http://www.moravianorienteering.org/</a>
ELO - East Lothian Orienteers • Edinburgh & the Lothians • <a href="http://www.elo.org.uk/">http://www.elo.org.uk/</a>	RR - Roxburgh Reivers • Scottish Borders • <a href="http://roxburghreivers.org.uk/">http://roxburghreivers.org.uk/</a>
ESOC - Edinburgh Southern OC • Edinburgh & the Lothians • <a href="https://www.esoc.org.uk/">https://www.esoc.org.uk/</a>	SOLWAY - Solway Orienteers • Dumfries & Galloway • <a href="http://www.solwayorienteers.co.uk/index.htm">http://www.solwayorienteers.co.uk/index.htm</a>
EUOC - Edinburgh University OC • Edinburgh University • <a href="https://euoc.wordpress.com/">https://euoc.wordpress.com/</a>	STAG - St Andrew's OC Glasgow • Glasgow • <a href="http://www.stag-orienteering.co.uk/">http://www.stag-orienteering.co.uk/</a>
FVO - Forth Valley Orienteers • Stirling & surrounding areas • <a href="https://fvo.org.uk/">https://fvo.org.uk/</a>	SUOC - Stirling University OC • Stirling University • <a href="https://www.facebook.com/StirUniOrienteering/">https://www.facebook.com/StirUniOrienteering/</a>
GUOC - Glasgow University OC • <a href="https://www.facebook.com/groups/GUOC.Orienteering">https://www.facebook.com/groups/GUOC.Orienteering</a>	TAY - Tayside Orienteers • Dundee, Perthshire & Angus • <a href="https://www.taysideorienteers.org.uk/">https://www.taysideorienteers.org.uk/</a>
GRAMP - Grampian Orienteers • Aberdeenshire • <a href="https://grampoc.com/">https://grampoc.com/</a>	TINTO - Tinto OC • Lanarkshire • <a href="http://www.tintoorienteers.org/home/">http://www.tintoorienteers.org/home/</a>

**The Scottish Orienteering Association**  
 National Orienteering Centre  
 Glenmore Lodge  
 Aviemore  
 PH22 1QZ  
 Tel: 01479 861374  
 Email: [info@scottish-orienteering.org](mailto:info@scottish-orienteering.org)